The need for sleep…

The other day, I ate something that disagreed with me just a little bit. Sparing you any of the details, let's just say I was awake most of the night. I tried going to work the next day, but between stomach problems and the lack of sleep, I just couldn't finish the day. This morning I thought I should stay home for a bit just to make sure I was in better health. So what did I do? Well, I slept… I guess I needed a bit of sleep because I did go to bed early last night and then slept a good portion of this morning away. I normally don't do that unless I've been out with friend 'till the wee hours of the morning.

Anyway, I guess I shouldn't have done that this morning. Now I'm wide awake and ready to go. No late night ballgames to listen to, I really not into watching movies late at night, so what do I do, I check my blog. Not really a lot going on here either. Web surfing, not much going on at the places I frequent, but I haven't checked them all. I just put down a book at a convenient stopping place, I don't want to keep reading only to leave something hanging when the urge to sleep does hit me.

I did see a news report earlier that I thought would make an interesting blog… If I could only find it before I get tired…. Until I find it, I will subject my readers to mindless rambling. I don't call this blog "Random Thoughts" for no reason. Every once in a while I need to clear my head of all the things in it. This bit a trivia, or that bit, or even things I'm just thinking about. Tonight it is sleep and/or the lack of it.

I'm off to search for the news story I sort of remember, I just wish I could remember where I saw it….